

### ***Listing/Amendments to the Claims***

This listing of claims will replace all prior versions of claims in the application.

What is claimed is:

1. (Original) An isometric exercising apparatus comprising:

a support structure having no source of motive energy;

a user engageable member disposed to resist strongest range of muscular force, including a first end, an intermediate section and a second end;

at least one support attached at a first end to said user engageable non-resilient member at a perpendicular angle;

wherein a second end of said support is slidably connected to said support structure to allow said user to slidably move said support and said user engageable non-resilient member to a user desired position;

further wherein said connected support to said support structure renders said user engageable non-resilient member substantially immovable by a muscular force applied by said user; wherein said user desired position is a position that allows said user to apply the strongest range of muscular force for a muscle group to said user engageable member;

a means for distributing the strongest range of muscular force applied by said user to said user engageable member

to said support structure;

a portable means for measuring the strongest range of muscular force applied by said user on said user engageable member; and

a means for displaying the strongest range of muscular force applied by said user on said user engageable member.

2. (Canceled)

3. (Original) The isometric exercising apparatus of claim 1 or 45 wherein:

said support structure includes a base member designed to support a user.

4-8. (Canceled)

9. (Previously Presented) The isometric exercising apparatus of claim 1 or 45 wherein:

said portable means for measuring includes a means for storing data.

10. (Previously Presented) The isometric exercising apparatus of claim 1 or 45 wherein:

said means for measuring includes a means for storing said strongest range of muscular force applied by the user.

11. (Previously Presented) The isometric exercising apparatus of claim 1 or 45 wherein:

said means for measuring includes a means for identifying a plurality of users.

12. (Previously Presented) The isometric exercising apparatus of claim 1 or 45 wherein:

said means for measuring includes a means to retrieve said stored strongest range of muscular force applied by user.

13-20. (Canceled)

25. (Currently Amended) A method for exercising using the isometric exercise apparatus of claim 1 or 45, comprising the steps of:

a) commencing a first exercise iteration in which a user exerts a first greatest force of a muscle group, uniformly distributed in the strongest range of motion of said muscle group against the substantially immovable user engageable member;

b) measuring a maximum value of said first greatest force of the muscle group exerted by the user in the first exercise iteration;

c) recording said maximum value of said first greatest force of the muscle group exerted by the user in the first exercise iteration;

d) ending the first exercise iteration;

e) abstaining from exercising said muscle group for a first predetermined period of time, not less than several days, as prescribed by the magnitude of said recorded first greatest force;

- f) commencing a second exercise iteration in which the user exerts a second greatest force of the muscle group in the strongest range of motion of said muscle group against the substantially immovable user engageable member;
- g) measuring a maximum value of said second greatest force of the muscle group exerted by the user in the second exercise iteration;
- h) Recording the maximum value of said second greatest force of the muscle group exerted by the user in the second exercise iteration;
- i) ending the second exercise iteration;
- j) abstaining from exercising said muscle group for a second predetermined period of time, not less than several days, as prescribed by the magnitude of said recorded second greatest force;
- k) extending the second predetermined period of time when the recorded second greatest force is lower then the recorded first greatest force; and
- l) repeating steps f) through k) for subsequent exercise iterations.

26-27. (Canceled).

28. (Previously Presented) The method according to claim 25 wherein:

the first greatest force is exerted for a period of 10 seconds.

29. (Previously Presented) The method according to claim 25 wherein:

The first greatest force is exerted until complete muscle fatigue.

30. (Currently Amended) The method according to claim 25 wherein:

the first greatest force is determined by the user slowly increasing the amount of force applied to the substantially immovable user engageable member in the strongest range of motion of said muscle group until the first onset of pain.

31-32. (Canceled)

33. (Previously Presented) The method according to claim 25 wherein:

the second greatest force is exerted for a period of 10 seconds.

34. (Previously Presented) The method according to claim 25 wherein:

the second greatest force is exerted until complete muscle fatigue.

35. (Currently Amended) The method according to claim 25 wherein:

the second greatest force is determined by the user slowly increasing the amount of force applied to the substantially immovable user engageable member in the strongest range of

motion of said muscle group until the first onset of pain.

36. (Canceled)

37. (Previously Presented) The method according to claim 25 wherein:

the second predetermined period of time is extended by three days.

38. (Previously Presented) The method according to claim 25 wherein:

the second predetermined period of time is extended by four days.

39. (Previously Presented) The method according to claim 25 wherein:

the second predetermined period of time is extended by five days.

40. (Previously Presented) The method according to claim 25 wherein:

the second predetermined period of time is extended by six days.

41. (Previously Presented) The method according to claim 25 wherein:

the second predetermined period of time is extended by seven days.

42. (Previously Presented) The method according to claim 25 wherein:

the second predetermined period of time is extended by eight days.

43. (Previously Presented) The method according to claim 25 wherein:

the second predetermined period of time is extended by nine days.

44. (Previously Presented) The method according to claim 25 wherein:

the second predetermined period of time is extended by ten days.

45. (New) An isometric exercising apparatus comprising:  
a support structure having no source of motive energy;

a user engageable member disposed to resist strongest range of muscular force, including a first end, an intermediate section and a second end;

a means for slidably connecting said first end of said user engageable member to said support structure at a user desired position to a first chain connected to said support structure wherein said means allows a user to connect and disconnect said first end of said user engageable member at said user desired position from said first chain;

a means for slidably connecting said second end of said user engageable member to said support structure at said user desired position to a second chain connected to said

support structure wherein said means allows said user to connect and disconnect said second end of said user engageable member at said user desired position from said second chain;

further wherein said first chain and said second chain are connected to said support structure so as to allow the force of each said chain to offset said other chain to render said user engageable member substantially immovable by a muscular force applied by said user; wherein said user desired position is a position that allows said user to apply the strongest range of muscular force for a muscle group to said user engageable member;

a means for uniformly distributing the strongest range of muscular force applied by said user to said user engageable member to said support structure;

a portable means for measuring the strongest range of muscular force applied by said user on said user engageable member; and

a means for displaying the strongest range of muscular force applied by said user on said user engageable member.